



THE success of a salad depends entirely upon the dressing. The dressing depends almost entirely upon the quality of the oil and vinegar used. A person cannot be too careful in selecting the oil and vinegar. Of course, pure olive oil is best, but much is sold for olive oil that contains more than half lard or cottonseed oil. It is impossible, so closely is it imitated, to tell pure olive oil by the color. Pure olive oil is of a yellowish green shade, and is as clear as water. One can readily detect the difference between the blended and the pure oil by the taste, after once becoming familiar with it.

The best vinegar is tarragon vinegar, but it is very expensive. Next to the tarragon comes the French wine vinegar and the domestic cider vinegar. Be very careful in buying this so-called cider vinegar that you do not get vinegar made of beer. I have found the best results in making salads from using three sorts of vinegar in the dressing, equal parts of tarragon, cider and French wine vinegars giving a delicious flavor.

Salads must be made by an experienced person who can tell at a glance the quantities of salt, pepper, vinegar and oil that are required. It is almost impossible to be guided by any rule in making a salad dressing, for it depends on the material of which the salad is made, and upon the quantity.

There are two dressings for salads—the French dressing and the mayonnaise. The former is composed of oil, vinegar, pepper and salt. A little dry English mustard is often added to a French dressing, and is a decided improvement to certain sorts of salads. The mayonnaise is composed of oil, vinegar, a little dry mustard and the yolk of a raw egg. Never put a grain of salt or even a dash of pepper in a mayonnaise dressing.

The variety of salads is endless. Almost every green thing that grows in the vegetable kingdom is used for salad. Just at this season of the year the watercress is particularly good, as it contains a great deal of sulphur and is the greatest anti-scorbutic known.

French Dressing. To make a French dressing for one head of lettuce put a half-teaspoonful of salt in the bottom of a deep dish. Add a half-saltspoonful of black pepper. Next pour in one teaspoonful each of tarragon, cider and French wine vinegars, and stir the vinegar round and round until the salt is dissolved. Then add three teaspoonfuls of olive oil and mix it in well with the vinegar and the dressing is done. Never pour the oil on the salt and pepper before the vinegar has been put in, as the oil will not dissolve the salt.

The French, Italians and Spanish always flavor their green salads with garlic. This must be done very delicately, or the salad is spoiled, especially for an American. If garlic is desired, just peel and cut a clove of garlic in two and rub the inside of the boxwood salad spoon with it and then rub it across the tines of the fork once or twice. This will give a suggestion of garlic, which will be quite sufficient.

Lettuce must be handled very carefully. As soon as it comes home from the market put it in the refrigerator and keep it there until about three-quarters of an hour before it is to be served; then cut off the stalk, and with the fingers carefully detach the outside leaves that are thick and tough and throw them away or reserve them for a lettuce soup. When you come to the tender, crisp leaves, carefully break them off and place them in ice water for half an hour; then get your salad bowl and range the leaves round it so they will have the appearance of a full-blown rose. Shake the water carefully off each leaf, but do not put them in a napkin and shake them, as this process is apt to crush or break the leaves and make them limp and wilted. Quickly pour the dressing over the lettuce; mix them lightly with the fork and spoon and serve as quickly as possible.

A dish of chopped olives and parsley should always be placed on the table with a green salad. Then any one desiring it may sprinkle a little over the salad.

The French dressing as given above may be used on lettuce, Romain, escarole, chicory and watercress salads. For a salad made of cucumbers and onions use more salt and more vinegar in the dressing. Where tomatoes are used, add more salt and a little dry English mustard.

Mayonnaise Dressing. Mayonnaise should be used to dress all meat and fish salads, such as chicken, lobster, salmon, shrimp, etc. Tomatoes, when served as a salad without lettuce, should always have a mayonnaise served with them, and celery is better with a mayonnaise than with a plain French dressing.

Asparagus Salad. Boil a bunch of fine Oyster Bay asparagus for twenty minutes in slightly salted water. Lift the asparagus out carefully at the end of that time with a skimmer and plunge it into cold water. Drain in a colander and put it in the refrigerator where it will get ice cold. When about to serve put six stalks on each plate and pour over them a French dressing to which has been added some chopped parsley and estragon. A little chopped mint is a delightful addition to a dressing for asparagus.

Chiffonade Salad. Cut lettuce, escarole, Romaine, chicory, celery, tomatoes and beets in long strips and place them in a salad bowl. Pour over them a dressing made as follows: Mash the yolk of a hard boiled egg in a bowl with a boxwood fork, add a quarter of a saltspoonful of paprika, a teaspoonful of salt, and half a teaspoonful of dry English mustard. Stir them all well together, then

add one dessert spoonful each of tarragon, cider and wine vinegars. Mix the ingredients well again. Now add two dessert spoonfuls of oil, a teaspoonful of chopped chives and a teaspoonful of chopped estragon; stir them all with the oil and vinegar, and pour the dressing over the salad in the bowl. If a large quantity of salad is made, measure the oil and vinegar in tablespoons instead of dessert spoons.

Potato Salad.

Boil a dozen small new potatoes with their skins on. When boiled pour the water off and put in a cool place. When the potatoes are quite cold peel and cut them in very thin slices, and place in a salad bowl with a very few thin slices of a raw onion. Round the potatoes into a mound shape and cover with a French dressing with a little more vinegar than oil. Decorate the top of this salad as follows: Chop a boiled red beet fine, also chop separately the yolks and whites of three hard boiled eggs. Lay a piece of brown paper over half the salad mound, and sprinkle the uncovered half with the chopped beet, so it is closely covered. Now lay the paper over one-quarter of the potatoes and sprinkle the uncovered quarter with chopped white of egg. You now have one-quarter of the top of the salad uncovered; here use chopped egg yolks. Put a fringe of sprigs of parsley round the edge of the dish and stick a sprig in the middle, and you have a very appetizing salad.

Mayonnaise Dressing.

Put in the bottom of a deep soup plate a half teaspoonful of dry English mustard. Break into it the yolk of a raw egg. With a boxwood spoon mix the egg and mustard well. Take a bottle of fine olive oil in the left hand, and with the right hand hold the fork. Begin dropping the oil in slowly and stir always one way the oil, egg and mustard. It will soon thicken, like a stiff paste. Thin it with a little tarragon vinegar till it is like a thick cream, then begin stirring in more oil. Repeat the process till you have the desired amount of dressing, which must be so thick and stiff that it can be cut.

Tomatoes with Mayonnaise.

Peel with a sharp knife six good sized tomatoes. Either cut them in quarters or serve them whole, with two deep gashes cut across the top of each tomato. Put them into a deep dish, dress round with watercress, and stand them in the refrigerator till ready to serve. Then serve one with some of the cress to each person, and have the mayonnaise passed to each guest to use as she likes. Never scald a tomato which is to be eaten raw in order to remove the skin. Hot water destroys the flavor of a tomato as well as softens it. A sharp knife will do the work. If possible, always use boxwood spoons and forks in preparing salads.

JULE DE RYTHER.

Uses for Salt.

Salt puts out fire in the chimney.
Salt in the oven under baking tins will prevent their scorching on the bottom.
Salt and vinegar will remove stains from discolored teacups.
Salt and soda are excellent for bee stings.
Salt thrown on soot which has fallen on the carpet will prevent stain.
Salt put on ink when freshly spilled on a carpet will help in removing the spot.
Salt in whitewash makes it stick.
Salt thrown on a coal fire which is low will revive it.
Salt used in sweeping carpets keeps out moths.

The United States Government

will not buy alum baking powders at any price, and yet most of the cheap baking powders contain alum.

Cleveland's Baking Powder

is purchased by the U. S. Government. This fact in itself is a guarantee of quality.

Cleveland Baking Powder Co., New York.